

Nutrition

After your child's diagnosis, you might have questions about what they can eat. The answer is a healthy diet. The FDA nutritional recommendations for a child with type 1 diabetes are the same as for any other child.

Here are a few things to keep in mind:

What to Drink

- Stick to sugar-free drinks. Drink tap water, carbonated water, sugar free tonic water, Crystal Light®, diet sodas, or sugar-free lemonade, Kool Aid® or tea (made with sugar substitutes such as Splenda/Equal/NutraSweet, etc.)
- Cut down on sweet drinks: Juices, regular sodas, sweet tea, Gatorade®, regular lemonade or Kool Aid®. If you're going to have them, have them with a meal. Use them to treat lows.



When to Eat

- Eat meals (and snacks, if needed) at regular times every day.
- Try not to skip meals. If you skip a meal, you may eat too much at your next meal and your blood glucose levels may go too high.

How Much to Eat

- Eat about the same amount of food each day. It helps with blood sugar control and helps your medication work properly (if medication is taken.)
- If you are trying to lose weight, cut down on your portion sizes, not the number of meals.
- If you enjoy starches like bread, pasta, rice, tortilla, potatoes, green peas, corn, beans, crackers, and cereal, eat sensible portion sizes.
- When you eat fruit, eat it with protein or fat.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Eating a Healthy Diet](#)

[How Foods Affect Blood Glucose](#)

[Beverage Options](#)

[Low Carb Snack Ideas](#)

Sources

[Normal Nutrition — Understanding Diabetes: Chapter 11](#)

[A Home Run Breakfast with Diabetes — diaTribe](#)
